

2007 NASA Occupational Health Conference

Occupational Medicine Breakout Session



Physical Exam Matrix G

- Required for NPR 1800.1B update.
- Needed to meet requirements and medical standards.
- Required for EHRS OH Module.
- Reviewed, revised and updated all protocols.
- Utilized references including OSHA, DOT, FAA, NIOSH, ASMA, ANSI, NFPA, NASA NPR's, and DoD.

Physical Exam Matrix G

- Retained the categories of exams:
 - Potentially Hazardous Exposures
 - Hazardous Environments/Workplaces
 - Certification Examinations
 - Flight Activities
 - Special Purpose Administrative Examinations
 - Voluntary Health Maintenance
- Standardized examination requirements:
 - Frequency
 - Laboratory
 - Required Questionnaires
 - History and Physical Exam Focus
 - Written Medical Opinion
 - Medical Removal

Physical Exam Matrix G

- Protocols not retained in Matrix G:
 - Jet Propulsion Fuel
 - Work Requiring Color Discrimination
 - Voluntary Respirator Use
 - Evaluation for Insufficient DOT or DFW Specimen
- Protocols combined in Matrix G:
 - Hazardous Waste/Hazardous Materials Emergency Response Team

Physical Exam Matrix G

➤ Next Steps:

- Discussion at OM Breakout Session
- Review all Feedback from Center's Occupational Medicine Staff
- Revise Matrix G based on OM input
- Consider Internal or External Review
- Finalize Matrix G for NPR 1800.1B NODIS Process

Matrix G: Arsenic

A. Reference: OSHA 29 CFR Part 1910.1018

B. Frequency:

1. Preplacement/Baseline Examination
2. Annual Exam, if less than 45 years old
3. Semiannually, if 45 years of age or older, or with 10 or more years of exposure
4. Variable or Exposure-Determined Examination
5. Exit/Reassignment Examination

C. Laboratory:

1. Chest X-ray (PA)
2. Hemocult, if over age 40
3. Discretionary Tests:
 - a) Pulmonary Function

Matrix G: Arsenic (con't)

D. Physical Exam:

- a) Medical and Occupational History
- b) Physical Examination with focus on peripheral and CNS, GI system, skin, respiratory tract and thyroid
- c) Evaluation of ability to wear respirator may be required, see protocol N. Occupational Respirator Use (page 24)

E. Target Organs: Liver, kidneys, skin, lungs, lymphatic system

F. Written Opinion: Standard Written Medical Opinion

G. Medical Removal: No requirement in standard

Physical Exam Matrix G

Discussion Points

- Is there additional information or protocols you would find helpful and would like added to the Matrix?
- Is there a need for further clarification on some job types, e.g., crane operators?
- Are there any additional physical examination or testing requirements from a medical perspective?

NASA AED Guidelines

- Revised 2000 guidance based on current industry standards:
 - Updated Federal regulations since original draft.
 - Added roles and responsibilities for OCHMO and Medical COTRs.
 - Modified requirement for drills to twice a year.
 - Added requirement to review and meet your state requirements.

Mayo Clinic EmbodyHealth

➤ OCHMO Goals

- An agency wide OH program with emphasis on preventive medicine is effective and of value.

➤ OCHMO Objectives

- Customization of HRA - Inclusion of WLQ and OH services usage questions (EAP, Clinic, HFC)
- 4,500 completed HRAs - 30% of eligible population of 15,000 NASA CS

➤ *Mayo Clinic EmbodyHealth*

- Brand name
- Credibility and reliability
- Customization
- Cost-Value analysis
- Consultation

Mayo Clinic EmbodyHealth

- January 23, 2007 – January 22, 2008
- February 5, 2007 – Agency wide global email
- Incentive – First 1,000 HRA, goal met mid April
- Mayo Clinic BoB
 - Communication Plan
 - Re-evaluate the Plan
 - Several Campaigns
 - Offer Incentives
- Mayo Clinic BoB predicts 15-20% participation
 - 2,250 - 3,000 HRAs vs. 4,500

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➤ Participation Data 1/23/07 – 7/18/07

- Registration – 2,434
- HRA – 1,242
 - OH services usage data
 - Clinic – 88.4%
 - EAP – 24.1%
 - FF – 68.4%
 - WLQ
 - Analysis by Tuft University
 - Need 1,500 HRAs

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➤ Discussion Points

- Communication and Promotion:
 - Agency wide
 - Center specific
- Meeting OCHMO goals and objectives:
 - Make a business case for NASA OH
 - Agency WC cost = OWCP charge back
 - Agency HC cost is unknown, no charge back by OPM.
 - Assist OH disciplines in health education and promotion